

HEALTH SCREENINGS TO IMPROVE YOUR HEALTH AND YOUR LIFE

SCREENINGS FOR MEN AND WOMEN

COLORECTAL SCREENING: Colorectal cancer is the second leading cause of cancer deaths in the United States. The risk of colorectal cancer increases with age and nearly 90 percent of all patients are over the age of 50. Besides age, the major risk factors are being African-American, having a family history of colorectal cancer, a history of inflammatory bowel disease or Crohn's disease, tobacco use, physical inactivity, and having a diet high in animal fats.

Colon cancer usually has a very high cure rate when found in the early stages. However, since the early stages rarely have symptoms, screening is essential for treatment and cure. The recommended screening is a colonoscopy every 10 years starting at age 50 and yearly fecal occult blood tests (FOTB). Patients enrolled in Tricare Prime at the Barquist Clinic can get a colonoscopy at Fort Meade **without a referral**. Simply call 301-677-8181 to make an appointment. Also, Bethesda Naval Hospital is participating in a colon screening program. Again, if you are over 50 and are a Tricare eligible patient, you can **refer yourself** to the Colon Health Initiative by calling 301-319-8284. To get more information on this important initiative, log onto www.bethesda.med.navy.mil, and click on NNMC's Colon Health Initiative at the bottom right of the page.

SCREENINGS FOR WOMEN

BREAST CANCER SCREENING: Breast cancer is the second leading cause of death in women after heart disease. It is recommended that women from the ages of 40-69 have a yearly screening mammogram. If you are in this age group and are enrolled at the Barquist Army Health Clinic, you can get a mammogram referral in three ways:

1. The fastest way is to e-mail the Clinic Referral Manager, at janice.condrey@amedd.army.mil. In your e-mail, indicate full name, sponsor's full social security number, address, approximate date of last mammogram, and location of last mammogram (it is desirable to get all mammograms done in the same facility so that the radiologist can do year to year comparisons). The Referral Manager will mail you a referral if you have them done at civilian facilities; or notify you when the order is in the system if you have them done at a military facility.
2. Call the Barquist Clinic at 301-619-3402 and leave a message for the Referral Manager, requesting a mammogram. In your message, provide the same information requested in #1. You will either receive the referral in the mail or a notification that the referral has been entered into the system.

3. If you are due for your yearly Pap test as well as a mammogram, call Central Appointing at 301-619-7175, Option 1 for a Well Woman Visit. In addition to our two regular female providers, we also have a Nurse Midwife who is a visiting Provider who specializes in Women's Care. Therefore, we have three providers who can provide your care and give you a referral for a mammogram when you come in for your visit.

CERVICAL CANCER SCREENING

Cervical cancer is almost 100% curable; BUT, it must be detected and treated early for a positive outcome. It is recommended that women have yearly Pap test screenings from the ages of 21-64; or earlier, if they are sexually active. The exception is those women who have had a hysterectomy.

The Barquist Army Health Clinic has two women on staff and a visiting Nurse Midwife who can provide this essential well woman care. Please call Central Appointing at 301-619-7175, Option #1, if you have not had your yearly Pap test.

TAKE GOOD CARE OF YOURSELF! CALL TODAY!